Beautiful Yoga Postures

Shyam Mehta, M.A. (Cantab)

In the old days in India, until the Muslims, Hindus in India went topless. Is this wrong? Of course not. Nowadays there is censorship everywhere, the press, the media, the social media…are all controlled effectively by governments. Is this wrong? Of course. Nowadays there is a huge searching for pornography on the internet. All strip clubs are banned. Prostitution is often banned... Horrible horrible things happen as a result of people being frustrated by the socialists at the top, the people in power. People get married at age 25 and have a dozen years of post puberty to be frustrated. It is all completely completely wrong. Temple statues are covered up. Books in libraries are censored…

In the old days in India, until the Muslims, Hindus in India went topless. Is this wrong? Of course not. Nowadays there is censorship everywhere, the press, the media, the social media…are all controlled effectively by governments. Is this wrong? Of course. Nowadays there is a huge searching for pornography on the internet. All strip clubs are banned. Prostitution is often banned... Horrible horrible things happen as a result of people being frustrated by the socialists at the top, the people in power. People get married at age 25 and have a dozen years of post puberty to be frustrated. It is all completely completely wrong. Temple statues are covered up. Books in libraries are censored…

For the health of the brain, it does not need just sugar, even though this is most important. It needs also multiple orgasm each day. Energy travels hitting each chakra (which you do not notice) but when it reaches the sensitive brain chakras no one can fail to notice the temporary overwhelming flood of energy as it shuts down the brain activity and impacts all the sense organs (ear, eye, tongue, nose and skin). These multiple orgasms need to happen until the person cannot bear any more. It is advisable to stimulate all the sexual organs including the nipples for as long as possible. For this the spine needs to be straight or in a slightly back arched position so that the skin around the nipples are stretched. The stomach muscles should preferably be drawn back. You should not hurt the nipples as otherwise they lose sensitivity. On and on. Keep the eyes closed and you will experience white light. If you cannot keep it up, stop for a minute or two and then start again. Both nipples gently but constantly. Your head will start to jerk. The best is with the tips of your index fingers on the two nipples, lightly doing circles. Barely touching. A lovely feeling of peace and tranquillity should come over you. Keep going. Be at peace, keep the feet apart, do not touch the genital areas. When the nipples cannot take it anymore go for the genitals and continue as long as possible, looking at a photo or your spouse. You should only ejaculate once. If you want a baby, now is the time to make love. You should not make love otherwise, otherwise disease happens, see my file https://archive.org/details/contraception-and-venereal-disease

Because of these socialists, Christians, Muslims…nice loving sexual material is not to be found. Instead, horrific violence, sadistic appalling stuff is the only material available. Except here.

All the women here were paid reasonably for their work which they enjoyed. Pleasure is one of the four goals of life for Hindus.

This file is one of several to do with pleasure.

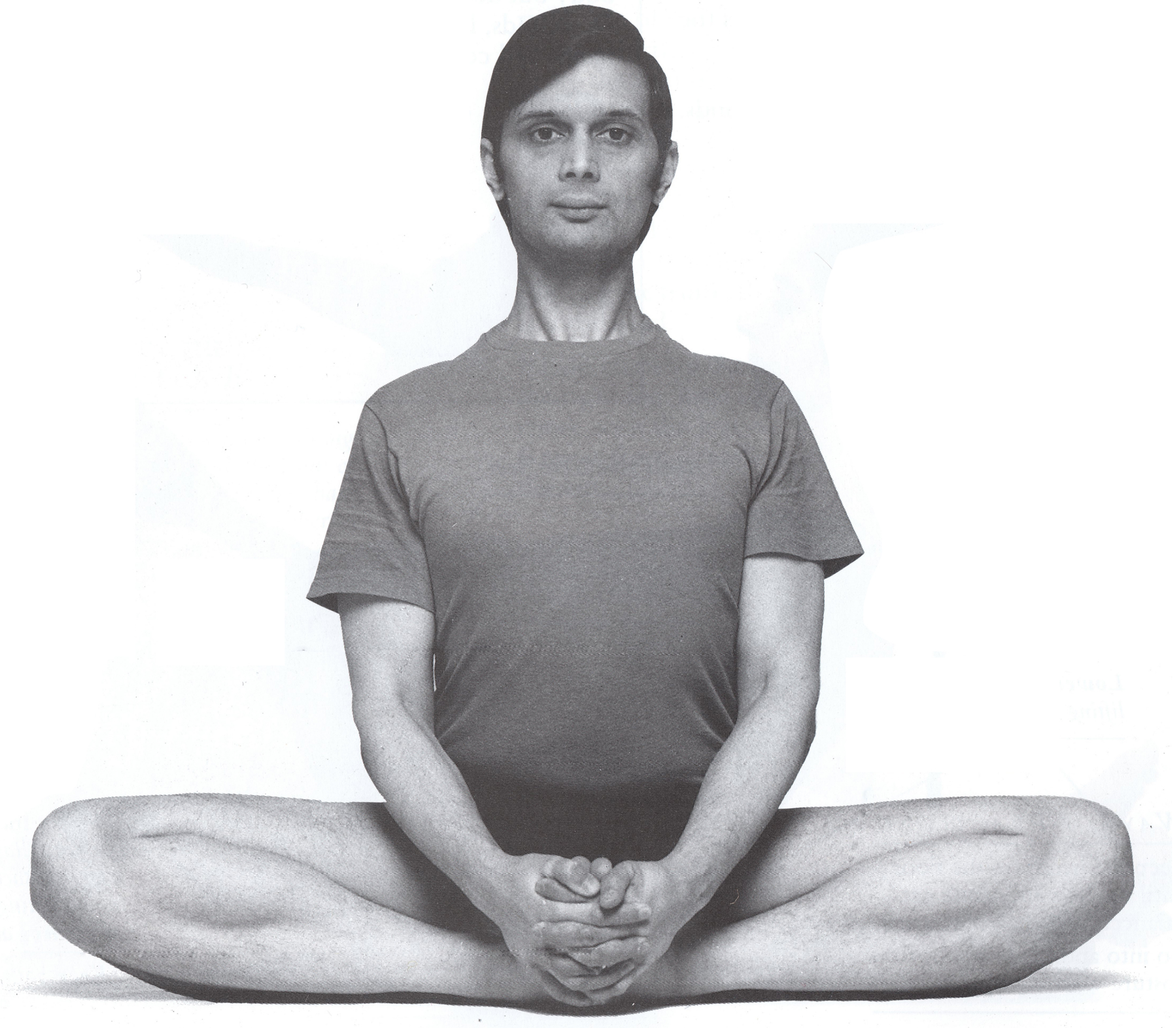
https://archive.org/details/nude-videos

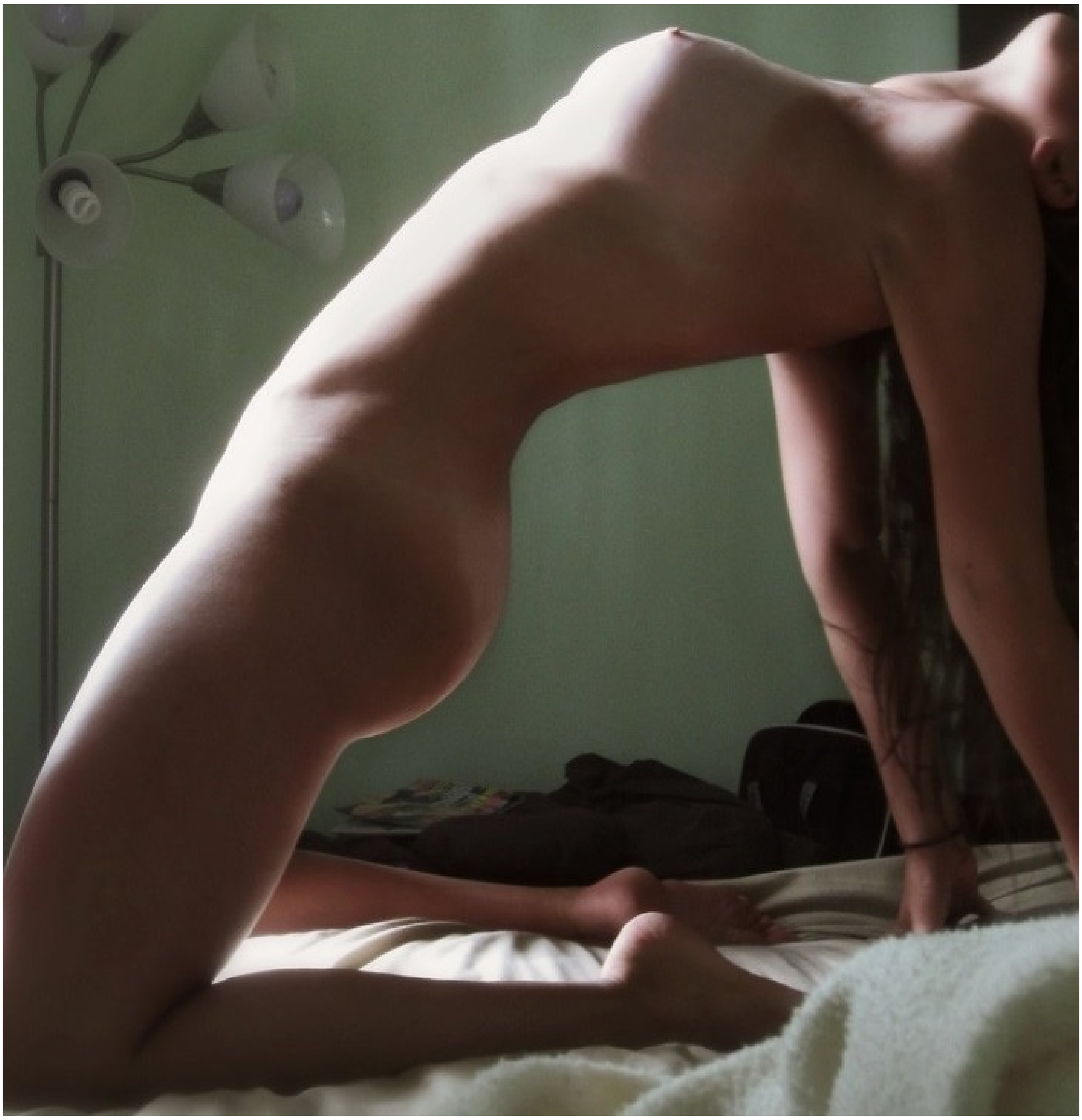
https://archive.org/details/breasts_202110

https://archive.org/details/beautiful-women

https://archive.org/details/beautiful-yoga-postures

https://archive.org/details/Vaginas





My works

About me: https://prabook.com/web/shyam_jindrich.mehta/217729

"Shyam Jindrich Mehta, British writer. Certified advanced Yoga teacher Ramamani Iyengar Yoga Institute, India, 1977. Fellow: Institute Actuaries."

Born December 7, 1952 Enfield, Middlesex, England

Education: Cambridge University, MA, mathematics

In my profession as an actuary I received the the Jim Anderson award for Professional Excellence, and was awarded 'VIP' status by Worldwide Who's Who in 2014.

I, together with friends and family, have written many articles, research papers and books:

https://archive.org/details/yoga-the-iyengar-way

("Students often ask me which book I recommend they buy. My first answer is usually this book, Yoga: The Iyengar Way by Silva Mehta, Mira Mehta and Shyam Mehta. It is a large-format book that is beautifully illustrated with color and black and white photos. One of the nice things about the book is the models themselves, Mira and Shyam Mehta. Though their poses are elegant and advanced, their bodies are not intimidating in any way. A lot of poses are covered for such a concise book, with plenty of material for beginners and advanced students alike. Also included is a progressive course which will take you from raw beginner to advanced student.")

https://archive.org/details/hundredsof-delicious-vegetarian-cookery-dishes (my mother)

https://archive.org/details/my-book-of-watercolour-paintings

https://archive.org/details/my-3rd-book-of-watercolour-paintings

https://archive.org/details/my-4th-book-of-watercolour-paintings

https://archive.org/details/my-5th-book-of-watercolour-paintings

https://archive.org/details/my-book-of-paintings

https://archive.org/details/financial-theory-of-defined-benefit-pension-schemes

("Eighteen years' ago today, Jon Exley, Shyam Mehta and Andrew Smith published what has been described as the most important and influential paper ever written on defined benefit (DB) pensions")

https://archive.org/details/becoming-a-better-hindu

https://archive.org/details/bhagavad-gita-essential-teachings

https://archive.org/details/how-to-teach-a-child-english-and-general-knowledge

https://archive.org/details/sanskrit-to-english-dictionary_202109

https://archive.org/details/the-harmful-effects-of-yoga

and:

https://archive.org/details/bhagavad-gita-text-and-commentary-ramanuja-and-prabhupada

https://archive.org/details/bhagavad-gita-text-ramanuja-and-prabhupada

https://archive.org/details/on-errors-in-translating-the-bhagavad-gita

https://archive.org/details/mortgage-calculator

https://archive.org/details/home-valuation-spreadsheet

https://archive.org/details/how-to-market-a-property-for-sale

A few of my and my friends' other books and works are:

https://archive.org/details/allowing-for-asset-liability-and-business-risk-in-the-valuation-of-a-life-office

https://archive.org/details/asset-strategy-for-defined-benefit-pension-schemes

https://archive.org/details/consistent-assumptions-for-multinational-asset-models

https://archive.org/details/hedge-funds-for-pension-funds

INVESTMENT STRATEGIES FOR DUTCH AND UK PENSION FUNDS

Market Efficiency (https://archive.org/details/exley-mehta-smith-market-efficiency)

Mean Reversion (https://archive.org/details/exley-mehta-smith-mean-reversion)

(https://archive.org/details/pension-funds-a-company-managers-view)

Pricing of Insurance Risk

https://archive.org/details/quantifying-the-success-of-a-life-office

https://archive.org/details/summary-and-comparison-of-approaches-used-to-measure-life-office-values

https://archive.org/details/taxation-in-the-assessment-of-profitability-of-life-assurance-products-and-of-li

THE FINANCIAL MANAGEMENT OF UNIT TRUST AND INVESTMENT COMPANIES

www.theactuary.com/archive/old-articles/part-2/2012/09/21/trend-towards-using-market-values

www.theactuary.com/archive/old-articles/part-4/2012/09/21/trend-towards-using-market-values

I have actually written more than 50 books. But, I was mentally ill at the time and except for the above, these books are 90%...rubbish.

I also at the time set up a website 'The Loving Heart Centre'…rubbish (although all was with good intentions).

AUM